

Chicken Pasta Salad

Makes: 7 Servings

Colorful veggies, black beans, and pasta make this salad healthy, flavorful, and filling. Make it several hours ahead and let it chill in the refrigerator for a quick summer dinner.

Ingredients

- 2 cups** cooked small pasta
- 1 1/2 cups** canned chicken (drained)
- 1 cup** diced bell pepper
- 1/2 cup** sliced green onion
- 1 cup** shredded yellow squash
- 1/2 cup** canned corn kernels (drained)
- 1/2 cup** frozen peas
- 1 can** black beans, low sodium (15 oz, rinsed and drained)
- 1/2 cup** fat-free Italian dressing

Directions

1. Cook pasta according to package directions, drain; rinse.
2. Combine first eight ingredients (pasta through black beans) in a large bowl.
3. Toss gently with salad dressing.
4. Chill for several hours to blend flavors.

North Carolina Department of Public Health & North Carolina Coop

Nutrition Information

Nutrients	Amount
Calories	225
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	22 mg
Sodium	378 mg
Total Carbohydrate	30 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	N/A